

# Bees Landing Fitness Classes

1580 Ashley Gardens Blvd  
Charleston, SC 29414  
843-402-4571



## July 2014

| Sun                 | Mon  | Tue   | Wed  | Thu   | Fri  | Sat   |
|---------------------|--|---|--|---|--|---|
|                     | Schedule subject to change.<br>All classes are \$5.<br>*Line Dancing classes \$8/class | 1<br>Gentle Yoga 9am<br>Adult Line Dance 5 pm*<br>Zumba Fitness 6:30pm  | 2<br>Zumba Gold 9:30am<br>Kripalu Yoga 6:30pm<br>Zumba Toning 6:30 pm  | 3<br>Gentle Yoga 9am<br>Zumba Combo 6:30pm  | 4<br><b>Closed for Independence Day</b>  | 5 Spinning 9 am<br>KripaluYoga 10am<br>Zumba Fitness 10:30am  |
| 6<br><b>Closed</b>  | 7<br>Zumba Fitness 9:30am<br>Bokwa/Zumba 6:30 pm                                       | 8<br>Gentle Yoga 9am<br>Adult Line Dance 5 pm*<br>Zumba Fitness 6:30pm  | 9<br>Zumba Gold 9:30am<br>Kripalu Yoga 6:30pm<br>Zumba Toning 6:30 pm  | 10<br>Gentle Yoga 9am<br>Zumba Combo 6:30pm | 11<br>Zumba Fitness 10am   | 12 Spinning 9am<br>Kripalu Yoga 10am<br>Zumba Fitness 10:30am |
| 13<br><b>Closed</b> | 14<br>Zumba Fitness 9:30am<br>Bokwa/Zumba 6:30 pm                                      | 15<br>Gentle Yoga 9am<br>Adult Line Dance 5 pm*<br>Zumba Fitness 6:30pm | 16<br>Zumba Gold 9:30am<br>Kripalu Yoga 6:30pm<br>Zumba Toning 6:30 pm | 17<br>Gentle Yoga 9am<br>Zumba Combo 6:30pm | 18<br>Zumba Fitness 10am   | 19 Spinning 9am<br>KripaluYoga 10am<br>Zumba Fitness 10:30am  |
| 20<br><b>Closed</b> | 21<br>Zumba Fitness 9:30am<br>Bokwa/Zumba 6:30 pm                                      | 22<br>Gentle Yoga 9am<br>Adult Line Dance 5 pm*<br>Zumba Fitness 6:30pm | 23<br>Zumba Gold 9:30am<br>Kripalu Yoga 6:30pm<br>Zumba Toning 6:30 pm | 24<br>Gentle Yoga 9am<br>Zumba Combo 6:30pm | 25<br>Zumba Fitness 10am   | 26 Spinning 9am<br>Kripalu Yoga 10am<br>Zumba Fitness 10:30   |
| 27<br><b>Closed</b> | 28<br>Zumba Fitness 9:30am<br>Bokwa/Zumba 6:30 pm                                      | 29<br>Gentle Yoga 9am<br>Adult Line Dance 5 pm*<br>Zumba Fitness 6:30pm | 30<br>Zumba Gold 9:30am<br>Kripalu Yoga 6:30pm<br>Zumba Toning 6:30 pm | 31<br>Gentle Yoga 9am<br>Zumba Combo 6:30pm | <b>We do not accept cash. We accept checks, money orders, Visa/Mastercard.</b> | <b>Please see Senior Newsletter for additional classes.</b>   |